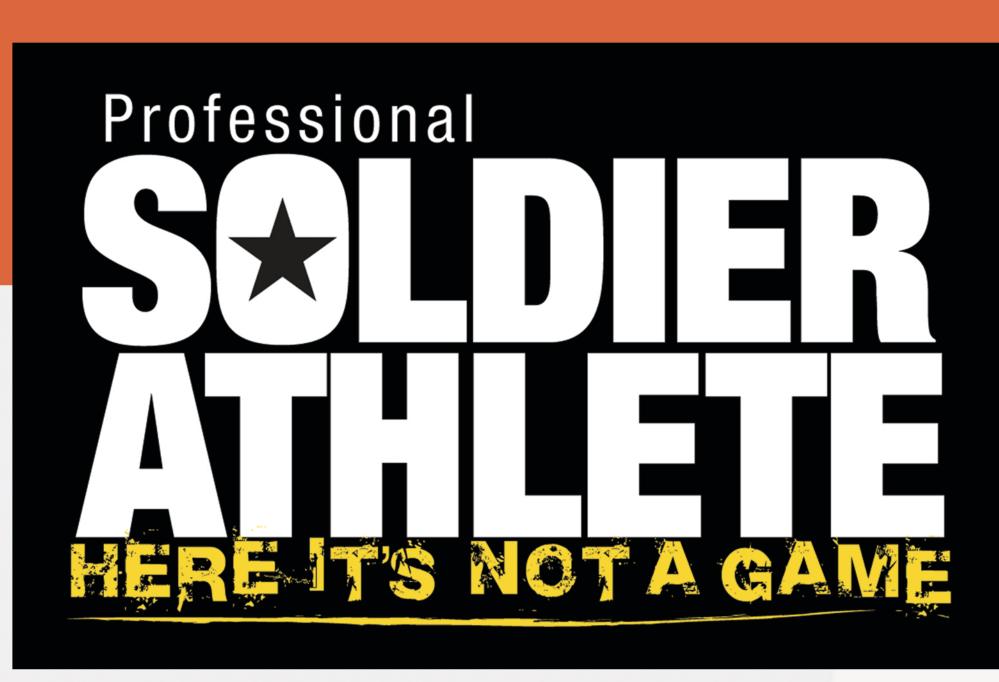


NOTINUREDI

- Get help! Work with a certified physical fitness trainer* or physical therapist.
- 2 Vary your workouts to include a combination of strength, endurance and mobility training.
- Don't do too much too soon! Start slowly especially if you're a beginner.











TRAIN SMART, GET RESULTS, AND PREVENT INJURIES. LEARN MORE ABOUT THE PERFORMANCE TRIAD:

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